

MANIFESTATION AND CREATION SQUARED

by Felicia Potter

Felicia Potter is a senior at Westtown School, a Quaker boarding school in Westtown, Pennsylvania. One of her major interests is theater, an interest she will continue to pursue as a freshman at Sarah Lawrence College. Felicia attended the first TEEN GATEWAY VOYAGE. She enjoyed its effects so much that she returned for our newest program, MC² (manifestation and creation squared). MC² teaches enhanced manifestation skills, expanded intuition abilities, and the power of group energy to effect healing on all levels.

Being the youngest participant at eighteen years old, I thought I would have a hard time fitting in among an older group of peers. This turned out to be quite untrue. They were completely open to me and were willing to see past my age and see me for who I am. I met some incredible people at MC², each with their own beliefs and wisdom that they were willing to share. Since the program is about manifestation, we worked together to help manifest our goals. This proved to be very inspirational, and a push toward creating myself as the person I want to be.

As I reflect on my experience during MC², I think of connection. What I received most was connection with the group around me, and most importantly, with myself. The goal, as I see it, was to bring our personal power into our everyday lives and know the abundance of the source from which this power comes. One of the first things we did was to let go of any guilt or ideas of things we lacked. Through the week this turned into a realization that all I had thought I lacked was really there for me. In a sense, I learned to be open to what the universe is providing for me and not to judge it.

I came into the program intending to manifest some pretty specific goals. One of them was to trust my future and to send positive energy toward getting into the college of my choice, Sarah Lawrence. I am a high school senior, and at the time I participated in MC² my future was defined by the possibilities I had created by applying to colleges. This was a threatening time, because I felt as though I was stepping into a void where nothing was certain and all possibilities—good and bad—were available.

The hardest thing for me to do, during the program exercises and in my life in general, was to let go of the doubt I was carrying about the things I wanted to create. MC² taught me an extremely valuable lesson: that what we focus our energy most strongly on we end up creating. To give a simple example, if I really wanted to find a quarter on the street somewhere, yet I kept thinking about how impossible the task would be, I would trap myself into that mind-set and be much less open to actually finding one. Joe Gallenberger and Penny

Holmes, our trainers, did an excellent job of teaching us that when we want something it is best to set the intention but to also let go of any expected outcomes. If we expect things too much, we tend to be quite disappointed when they do not turn out the way we wanted.

Participating in *MC*² reaffirmed my belief that the energy I am putting out into the world will attract the same kind of energy back to me. If I concentrate on the positive aspects of my life, I notice that more positive things happen to me; however, this holds true with negative thinking as well. Also, the higher one's energy is, no matter what kind, the more one can manifest, and the same kind of energy will be returned. We spent a lot of time learning how to bring our higher states of being to Earth, and how to function in this world as openly as we do in other states of consciousness.

I have been accepted at Sarah Lawrence since *MC*², and I now have a better understanding of what it means to trust the universe. I know, because I have seen, that what I truly set my mind on ends up coming to me in one form or another. I have begun applying this knowledge to my life, and as long as I let go of self-doubt, and listen to my intuition, I have no reason to distrust my ability to bring what I choose into my life. I feel fortunate to have been a part of *MC*², and all the experiences that it has afforded me.

When I remember that week at the Institute I think of the fun, the connections I made with other participants, and the excitement I had in just being my highest potential, and learning how to experience that potential throughout my life.

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